

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effects of Maitland Mobilization Techniques with and without Kinesio Taping in Patients with Shoulder Subacute Adhesive Capsulitis

Protocol summary

Study aim

The aim of this study is to compare the effects of Maitland mobilization techniques with and without Kinesio taping in patients with shoulder subacute adhesive capsulitis.

Design

Twenty four patients with adhesive capsulitis will be divided into two intervention and control groups (Kinesio taping plus Maitland Mobilization, and Maitland Mobilization alone) by simple randomization using a sealed envelope. The study is single blinded and the third phase.

Settings and conduct

Adhesive capsulitis is a disease characterized by limited active and passive range of motion at the glenohumeral joint, leading to pain and loss of motion. Maitland mobilization is used in the treatment of Adhesive capsulitis in physiotherapy. Kinesio taping is a non-invasive way of treating musculoskeletal injuries which mimics and improves the function of muscle fibers and tendons. This study will be performed on patients referred to the outpatient physiotherapy clinic of the School of Rehabilitation. The study will be single blinded. Patients have no knowledge about the type of the interventions used and the coding to the evaluation forms will be used for blinding.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 40-60 years, primary type and sub- acute stage of adhesive capsulitis, restriction of movements in capsular Pattern. Exclusion criteria: History of shoulder dislocation, fractures and surgery, cervical spine symptoms, neurological condition, hypersensitivity to tape, uncontrolled diabetes, supraspinatus tendon rupture, major cardiopulmonary problems.

Intervention groups

Both groups will receive supervised exercises. Intervention group will receive the Maitland mobilization and kinesio taping, and the control group, the Maitland

mobilization alone.

Main outcome variables

Pain, range of motion, Muscular torque, Shoulder Discomfort and Disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210214050356N4**

Registration date: **2022-08-02, 1401/05/11**

Registration timing: **registered_while_recruiting**

Last update: **2022-08-02, 1401/05/11**

Update count: **0**

Registration date

2022-08-02, 1401/05/11

Registrant information

Name

Sara Fereydounnia

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-23, 1401/05/01

Expected recruitment end date

2022-10-22, 1401/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Maitland Mobilization Techniques with and without Kinesio Taping in Patients with Shoulder Subacute Adhesive Capsulitis

Public title

Manual Therapy and Taping in Adhesive Shoulder

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age between 40-60 years Primary type and sub-acute stage of adhesive capsulitis Patients with minimum of grade 3 muscle strength Individuals with restriction of movements in capsular Pattern

Exclusion criteria:

History of shoulder dislocation and fractures Concomitant cervical spine symptoms History of shoulder surgery History of neurological condition (stroke, parkinsonism) Individuals with hypersensitivity to kinesio tape Individuals with uncontrolled diabetes Supraspinatus tendon rapture Major cardiopulmonary problems

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description

After initial assessments, patients are randomly assigned to one of the two groups of intervention and control (method: simple randomization - unit: individual). One envelope containing blue paper and one envelope containing red paper (randomization tool: sealed envelope) are given to the patients, if the patient choose the envelope containing blue paper, will be in the intervention group and if the patient chose the envelope containing red paper will be in the control group.

Blinding (investigator's opinion)

Single blinded

Blinding description

As mentioned above, the study will be single-blinded. In this way, the participants know in which group they are. Also the therapist, who is the one applying the different interventions and assessing the outcome measures, knows the participants' groups. But the data analyzer is unaware of which study group the data belongs to.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committees of School of Nursing and Midwifery & Rehabilitation- Tehran University of

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Vice Chancellor for Research, 6th Floor, Central University Organization, Corner of Ghods St, Keshavarz Blvd.

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Tehran

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Approval date

2022-07-05, 1401/04/14

Ethics committee reference number

IR.TUMS.FNM.REC.1401.037

Health conditions studied**1****Description of health condition studied**

Adhesive Capsulitis of Shoulder

ICD-10 code

M75.0

ICD-10 code description

Adhesive capsulitis of shoulder

Primary outcomes**1****Description**

Pain

Timepoint

Before intervention- After the last session of intervention

Method of measurement

Visual Analogue Scale

2**Description**

Range of Motion

Timepoint

Before intervention- After the last session of intervention

Method of measurement

Goniometer

3

Description

Muscular Torque

Timepoint

Before intervention- After the last session of intervention

Method of measurement

Motion Analysis and software

4

Description

Shoulder Discomfort and Disability Index

Timepoint

Before intervention- After the last session of intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group (n = 12) will receive Maitland mobilization techniques plus kinesio taping with supervised exercise three sessions in a week for four weeks.

Category

Rehabilitation

2

Description

Control group (n = 12) will receive Maitland mobilization techniques with supervised exercise three sessions in a week for four weeks.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran University of Medical Sciences

Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Sara Fereydounnia

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

All data is potentially shareable after unidentified individuals.

When the data will become available and for how long

Access period starts 3 months after the articles are published.

To whom data/document is available

For researchers working in academic, scientific and hospital institutions

Under which criteria data/document could be used

Researchers working in the field of musculoskeletal physiotherapy and manual therapy.

From where data/document is obtainable

Applicants for documentation can contact Dr. Sara Fereydounnia via email. S-fereydounnia@sina.tums.ac.ir

What processes are involved for a request to access data/document

Once they have the necessary criteria, the information will be provided to them within a month.

Comments